

By-Cycle

Bicycle News from the
Maricopa County Department of Transportation



June 2000

Volume 1:6

Hydrate or Die!

With the temperatures now routinely over 100 degrees, it is important to stay hydrated. According to the American College of Sports Medicine, very few people drink enough fluids before and during exercise to offset sweat losses. It is common to lose 2-6% of the body's total weight in sweat during prolonged exercise, especially while running or cycling during hot weather.

Water lost through perspiring comes directly out of your bloodstream. If the water isn't replaced, your blood quickly becomes thicker, putting more strain on your heart as it tries to pump blood to your extremities, and reduces the blood flow (and oxygen supply) to your working muscles.

These changes can lead to heat exhaustion--a condition marked by fatigue, dizziness, pale skin, and shortness of breath. Heat exhaustion can occur in as little as 30 minutes if you're sweating heavily. Higher levels of dehydration quickly lead to increasingly severe heat injuries, and without timely and adequate rehydration death can occur.

For more details on how to stay hydrated, visit the web sites listed below.

American College of Sports Medicine
<http://my.webmd.com/content/article/1676.51066>

InteliHealth
http://www.intelihealth.com/IH/ih/IH?d=dmContent&c=36163&p=~br.IHW|~st.7165|~r.WSIHW000|~b.*

Meetings

June 2000

Public Meeting Schedule Continued

The public meeting schedule is subject to change. Please call to confirm dates and times. For on-line information go to:
www.maricopa.gov/

6.14.2000

Maricopa County Trail Commission

Location: MC Parks and Recreation
Conference Room
3475 W. Durango
Phoenix, AZ
Time: 2 p.m.

6.27.2000

Tuthill/Jackrabbit Trail Corridor Study Germann Road to Indian School Road

Location: Liberty Elementary School
Science Lab
19818 W. MC85
Buckeye, AZ
Contact: Leo Trinidad, 602-506-2826
Time: 5 p.m. – 7 p.m.



MCDOT

Bicycle Web Page

www.mcdot.maricopa.gov/Bicycle/index.htm

Sun Valley Parkway Resurfacing Project

The Sun Valley Parkway from McMicken Dam to I-10 is scheduled to be resurfaced this fall. MCDOT received a large number of letters and e-mails from concerned Maricopa County citizens about the smoothness of the shoulders after the project is completed. The following letter was sent out to all the individuals who took the time to contact us with their comments and suggestions.

June 5, 2000

RE: SUN VALLEY PARKWAY PROJECT

Dear Citizen,

Thank you for your recent correspondence. The purpose of this letter is to respond to your inquiries/comments regarding the Sun Valley Parkway project. The Maricopa County Department of Transportation (MCDOT) is responsible for maintenance of the Sun Valley Parkway. The Construction/Operations and Planning Divisions have been working in concert to resolve the issues associated with the programmed surface treatment.

Currently, the surface is deteriorating, which will eventually result in cracks and loss of stabilization of the roadway base. If this would occur, a complete reconstruction of the roadway would be necessary. In the effort to continually strive to be prudent fiscal managers, MCDOT has determined that the most effective approach in extending the life of the Parkway, is to chip seal the surface. The main travel lanes will receive a high volume treatment (3/8" – 1/2" rock size) and the shoulders will be treated with a low volume application (1/4" – 3/8" rock size). The treatment is applied using a high temperature technology, which results in a smoother surface and fewer loose stones. After construction, additional sweeping will be scheduled and monitoring



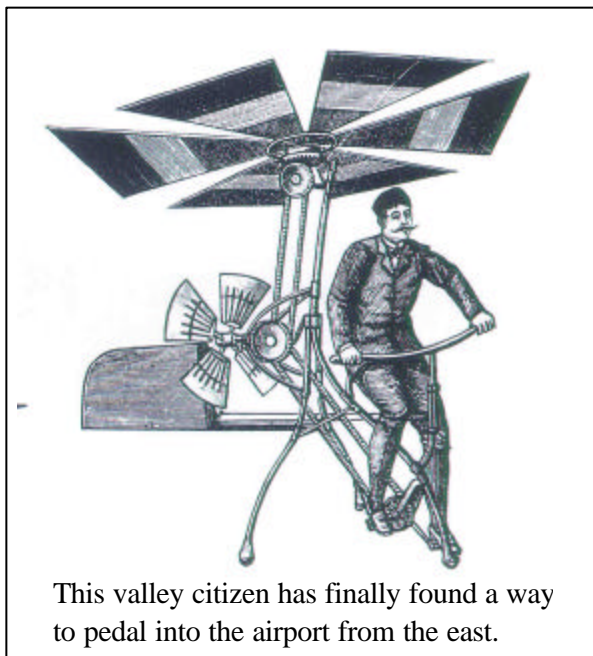
will occur to help ensure that loose stones are removed. The project is scheduled for August or September of this year and will be completed barring any unforeseen circumstances.

If you are interested in sampling a riding surface where this treatment has been successfully utilized, contact Reed Kempton, MCDOT Bicycle Coordinator (602) 506-1630 for a road near you. Additionally, Reed will be coordinating a bike ride on the Parkway to determine if the shoulder surface is smooth enough for road bikes once the project is complete. If you are interested in participating in this ride, please contact Reed.

We encourage your active involvement and appreciate the time you have invested in presenting your case, and we hope you find the outcome acceptable.

Sincerely,

M. Kent Hamm, P.E.
Assistant County Engineer
Construction & Operations Division Mgr.



Improving Conditions for Bicycling and Walking

A "Best Practices Report" prepared for the Federal Highway Administration by Rails-to-Trails Conservancy and the Association of Pedestrian and Bicycle Professionals is now available in pdf format on the APBP website. <http://www.apbp.org/>

Phoenix *RECYCLES* Bicycles'

Bicycle Shop OPEN HOUSE
Celebrate our new home with us!

Friday, June 16
3 p.m. until 7 p.m.
Refreshments will be served

1005 North First Street, Phoenix

(Parking is most available in a lot accessible from Second Street with entry through the main door of the shop.)

Call 602-261-8806 or email
lbacon@ci.phoenix.az.us
for directions or questions.



Bicycle Traffic Signs

Richard Moeur has placed a collection of traffic signs on his website. The Manual of Traffic Signs contains almost all of the traffic control (not just bicycle) signs used in the U.S. <http://members.aol.com/rcmoeur/signman.html>

On your left!

I finally graduated from college with a Bachelor of Science in Urban Planning. I would like to thank all those who encouraged me, gave me support, and listened to me whine about my classes for the past six years. If you're thinking about returning to school, I urge you to go for it. The last few years at ASU have been very rewarding, a lot of fun, a little frustrating, and overall a great experience. Don't be intimidated by the fear of going to school with your children's generation. There are advantages to being the same age as your professors.

I also want to thank all those who contacted MCDOT about the Sun Valley Resurfacing Project. I have always believed that government functions best when citizens take an active part in it.

If you have a question about bicycling in Maricopa County, send a message to reedkempston@mail.maricopa.gov.

Reed